

the

Gateway

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Issue 42

Aviation Institute online program receives award

Linda Sedjro

On March 1, UNO's Bachelor of General Studies Aviation Online Degree Completion Program received the Region VIII Exceptional Credit Program Award.

The Aviation Institute began offering online courses through the College of Continuing Studies/Bachelor of General Studies Degree Completion Program in the spring of 1998.

"The collaborative efforts of the CCS and the AI helped produce the cutting-edge program for the aviation industry. It's the first aviation online program in the nation," said Larry Winkler, assistant dean in the College of Continuing Studies.

UNO's program is the fourth recipient of the award, which was established by the Association for Continuing Higher Education in spring of 1999.

"This is the fourth year that Region VIII has been presented such an award, and we are very pleased to have our Aviation Online BGS Degree Completion Program be named the winner," Winkler said.

The ACHE presents two awards every year to each of the organization's 11 regions — one for credit programs and one for non-credit programs.

Region VIII includes the states of Iowa, Kansas, Minnesota, Missouri, Nebraska, North Dakota, Oklahoma and South Dakota, as well as Canadian provinces Manitoba, Saskatchewan and Western Ontario.

To be awarded by the ACHE, there were guidelines that UNO's online program had to meet.

Aviation Online had to meet the association's criteria, which include "the degree to which the program is original and/or innovative, how successful was it in meeting stated goals and objectives and how adaptable may it be for other college and university programs to use as a model," Winkler said.

At the annual regional conference, held at the University of Tulsa, a plaque and certificate were accepted on behalf of the university by Winkler, along with Karen Garver and Melba Acheson from the College of Continuing Studies and Denny Acheson and Scott Vlasek from the Aviation Institute.

The UNO representatives delivered a short speech about the online program's background, history and successful development.

A lot of credits were given to faculty members who worked hard behind the scenes to make the program a success, thus making the award a reality.

"Our partnership with the College of Public Affairs and Community Service has made this achievement possible," Winkler said. "Without the support of Brent Bowen, Denny Acheson, Scott Vlasek and others, success would not have been possible. The work of the CCS advisers, Melba Acheson, Karen Garver and Dawn Arnold has been

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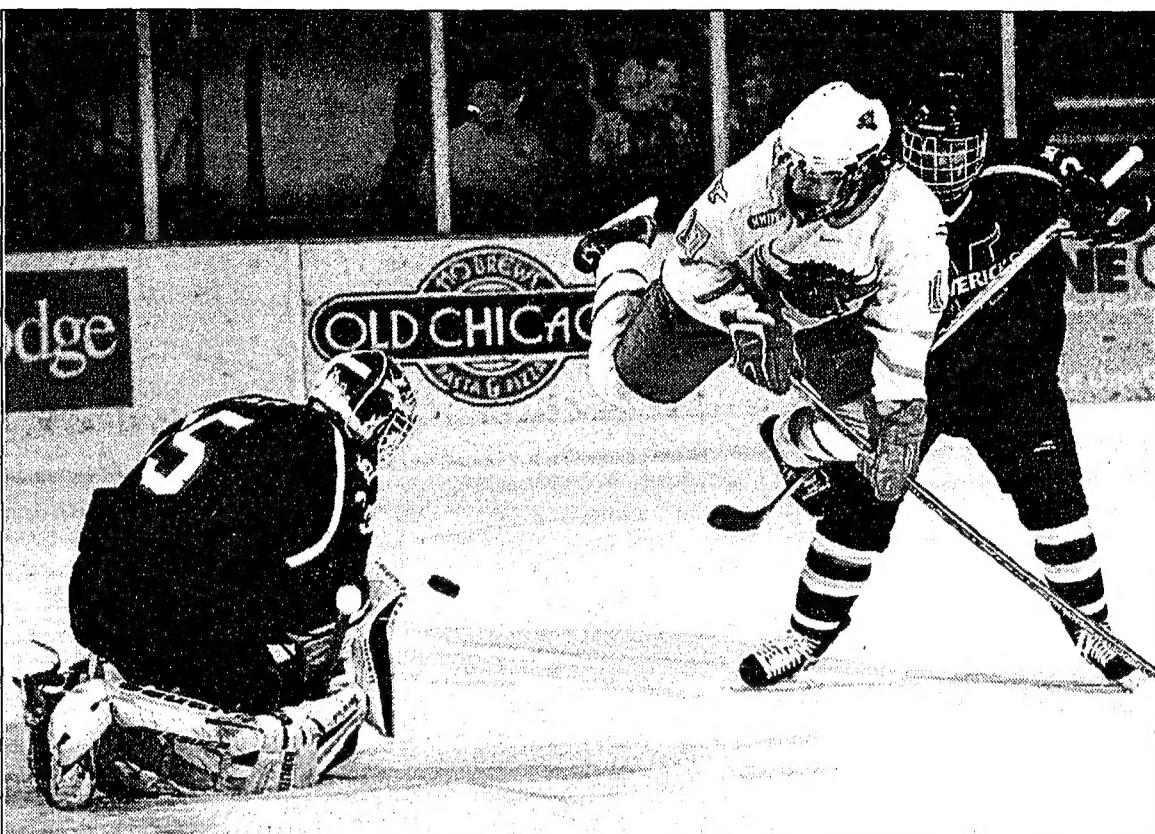
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UNO forward Kyle O'Keefe takes to the air while clearing the way for another player's shot on Minnesota State-Mankato goalie Jon Volp.

Mavs split weekend, to face Notre Dame in first round

Brian Brashaw

Hockey

Closing the season on a high note is always a bonus, and just what the UNO hockey team needed before the first round of the Central Collegiate Hockey Association playoffs next weekend.

UNO won Thursday night 4-2 in their last home game. Unfortunately, UNO closed their regular season with a 4-3 overtime loss to Minnesota State-Mankato.

A traveling trophy came with this weekend's series. The Mavericks couldn't pull off the sweep, but did

outscore the Minnesota State-Mankato Mavericks by a margin of 7-6 for the right to bring home the traveling Maverick Cup. However, the trophy was merely a secondary goal this weekend.

"This series is a good test," UNO head coach Mike Kemp said. "It lets us evaluate ourselves and get ready for the puck to drop Saturday."

Andrew Wong opened the scoring for UNO in the first period on Thursday. A Greg Zanon slapshot was saved by Mankato goalie Jon Volp and kicked to Scott Turner, whose attempt was saved. This left Wong with a wide open net which he did not miss, scoring his 11th goal on the year.

UNO increased its lead midway through the second period. Captain David Brisson broke a scoring slump by roofing in a one-touch pass from Kyle O'Keefe, who was behind the cage. The goal was also the Mavericks' first power play goal in 29 tries, a school record drought.

"It had been a while there," Brisson said, "It is always good to get a goal, especially going into the playoffs. We had been getting good scoring chances."

Very early into the third period, Mankato pulled within a goal. Shane Joseph tapped in a pass that was perfectly fed to him across the ice by Grant Stevenson. Zanon, however, restored UNO's two-goal lead with a

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All study, no play? UNO's policy on snow day

TJ Accola

The city of Omaha went to bed Thursday night expecting an impenetrable blanket of snow to appear by morning's light.

As much as 14 inches of snow were expected to fall in the wee hours, and in typical Midwestern fashion, the denizens of Omaha — among them UNO's 15,000 students — had battened down the hatches, preparing for the worst.

Most of the area's public institutions had announced cancellations Thursday evening, but UNO was an exception.

Students expecting cancellation likely had fingers crossed until just before 8 a.m. Friday morning, when the

university's official weather announcement site (www.unomaha.edu/News/Weather/index.html) finally let students know that "The university is open and all classes will meet."

So why the wait? Most forecasts had called for snowfall beginning around 5 a.m. Why didn't university officials play it safe like so many other area institutions had?

Jim Buck, vice chancellor for university affairs and communication, says determining whether conditions will prevent classes from taking place is often "a toss of the coin."

"The ability of the university to keep its operation open and able to accommodate students" is the primary concern for officials when determining whether to cancel

see Snow, page 10

Mayor Fahey to speak to MBA students

Linda Sedjro

Mike Fahey, mayor of Omaha, "the best place to grow a small business and raise a family," will be the guest speaker at the Master of Business Administration Program's Leadership Series at 5:30 p.m. Wednesday.

The event, sponsored by the Ron and Shirley Burns Leadership Fund, is designed to bring business and community leaders together with students and provide a forum for discussing issues related to leadership and business.

Fahey will discuss his business experiences with students who are prospective future business owners.

Fahey, elected Omaha's mayor in May of last year, will discuss leadership in the auditorium of Roskens Hall, Room 10.

According to his official biography, Fahey, a father of four grown children, was born and raised in Kansas City, but moved to Omaha more than 30 years ago, following his brother here in the early '70s.

Once in Omaha, Fahey attended Creighton University, from which he graduated in 1973.

Instead of pursuing law, which he initially considered, Fahey invested \$6,000 in a small title insurance business, in which he managed large budgets, met a payroll and created hundred of jobs.

He later sold American Land Title Company in 1990. He remained on the company's executive board as CEO, guiding the \$70 million title company as it became one of the nation's largest until his retirement from the company.

Fahey was active in the Omaha community as well as in Omaha politics before he decided to run for public office.

He has served on the boards of Holy Name Housing, The American Red Cross Heartland Chapter and Creighton Prep High School.

For 10 years, beginning in 1981, Fahey served on the Omaha Planning Board and was chairman for many of those years.

For more information about the MBA Program at UNO, call Lex Kaczmarek at 554-2303 or visit <http://cba.unomaha.edu/home.htm>.

Kristin Zagurski

Deborah Potter was not surprised to not find a single math major in the crowd that gathered to hear her speak Thursday.

After all, the three classes that sat before her in the Gallery Room of the Milo Bail Student Center were journalism classes. And she, being a journalist herself, knows math is not typically among a journalist's strong suits.

She did, however, say being a good thinker and possessing creativity are essential to success in the field.

Those are the skills Potter herself used to climb from the ranks of a local television station to a network position at CBS.

Potter said her progression from the local to network level was not simple or typical.

"If you really want to go forward, sometimes you have to go sideways," she said.

En route from local to network television, Potter sidestepped, working in radio as a writer.

However, her dream was to be a television reporter — a dream that she finally realized while working at CBS's Chicago bureau.

She gave this advice to students with career goals like hers: "There is no given path."

She said advancement, at least in her case, came due to the opportunities she had, the people who helped her out along the way and the fact that she believed in herself.

In 1988, Potter sidestepped again into yet another branch of the journalism field when she became the



Deborah Potter, executive director of NewsLab, speaks to students Thursday in the Milo Bail Student Center.

photo by Chris Machian

executive director of NewsLab, a non-profit organization based in Washington, where she still works today.

NewsLab helps local television stations across the country "find new ways of telling stories," according to the organization's Web site at www.newslab.org.

Funded by the Park Foundation of Ithaca, N.Y., NewsLab is a "hands-on laboratory ... where we experiment with storytelling strategies and

different formats for newscasts," according to the Web site.

She said many television station workers "think of a television viewer as a 'couch potato' ... there's not much activity involved."

But, she said, that is not actually true.

Potter said processing information from both audio and visual channels, such as a person does when watching television, is a "fairly complex task."

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Spot news g

Kristin Zagurski

CCSW luncheon to be held March 6

The Chancellor's Commission on the Status of Women will host its annual awards luncheon Wednesday, March 6, at noon in the Milo Bail Student Center Ballroom.

Student tickets can be purchased for \$7 in the Career Center, EAB 111.

For more information, call Dawn Hove at 554-4936.

Outdoor Venture Center

UNO's Outdoor Venture Center provides students with the opportunity to experience rock climbing, kayaking, canoeing, backpacking, cross country skiing and other adventures this March:

March 2 & 3

Winter Camping Workshop

March 4, 6, 11 & 13 (four evening sessions)

Kayak Rolling Workshops

March 12 - May 2 (Tuesdays and Thursdays)

Backpacking and Orienteering Basics

March 16 - 24

Yellowstone National Park Cross-country Skiing

March 28 & 30

Basic Map and Compass

The OVC supplies camping and specialized equipment for most trips, and generally pays for camping, park entry fees and permits. Participants are responsible for personal items and food.

Most of the trips sponsored by the OVC require little or no experience.

For more information, call 554-3256.

HPER building spring break hours announced

Campus Recreation will observe the following hours during spring break at the Health, Physical Education and Recreation Building.

March 16 & 23

8:30 a.m. to 4 p.m.

March 17 & 24

Noon to 8 p.m.

March 18, 19 & 20

6:30 a.m. to 8 p.m.

Do you have an item you'd like to see in Spot News? The deadline for Tuesday editions is Saturdays at 5 p.m. and for Friday editions, Tuesdays at 5 p.m. Items can be dropped off in person at MBSC, Room 115; mailed to *The Gateway*, Attn: News Editor, 6001 Dodge St., Omaha, NE, 68182; faxed to 554-2735; or e-mailed to news@gateway.unomaha.edu. ☺

the gateway

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Campus security officer has stories to tell

Josh Williamson

At some point on the average UNO student's long road of education, campus crime-stoppers will catch up and serve a ticket for some small infraction, sometimes a big one. Campus security officers are a part of the everyday scenery, but so few students know anything more about the officers than where they like to have a cigarette break.

Bringing about a small change in tradition, Linda Pedersen, a 17-year campus security veteran, allowed this reporter to shine some light on her stories.

Pedersen is an Omaha native and Benson High graduate. She served in the U.S. Army for three years before coming back to Omaha and joining the campus security force.

"At the time I started, the farthest campus building was the library," Pedersen says.

She also started working on her education at UNO, eventually earning a B.S. in criminal justice.

Serving UNO for almost two decades has allowed Pedersen to climb the ladder to the number two spot on the security force roster. Her longevity has also enabled her to

see and hear some amazing things around campus.

"We really do not have that much crime," Pedersen says.

She still has a few stories to tell: "We used to have stories about ghosts in some of the annexes. The story goes there was a child killed in one of the houses. Officers were not real thrilled about going in and patrolling in that building."

Pedersen says some officers claimed they heard a child screaming in the house when they patrolled it at night, but she was lucky enough not to encounter anything out of this world on her trips.

"At the time, KVNO was using it as their radio station," Pedersen says, "But they had to tear that building down."

Pedersen has been driving all around campus while recounting old stories, looking for students in need of assistance and making sure other officers have been taking care of their responsibilities.

"I keep an eye out to make sure the officers are doing their job," Pedersen says.

She does not write tickets herself, but she makes sure the other officers do. She explains the engineers made up the parking lots with "just enough" room for cars to get in and out. When people park illegally, cars

see Stories, page 11

Philosopher Richard Fumerton to lecture at UNO

Linda Sedjro

"The realism about truth holds that every claim that is true is made true by facts that are independent of the way in which they are represented or pictured. In the past few decades, realism about truth has come under increasing criticism. Anti-realists appear to argue that it is a kind of illusion to suppose that we can make sense of the way the world is independently of some way of conceptualizing that world. I consider and respond to some of these objections."

These are the words of Richard Fumerton, a professor of philosophy at the University of Iowa, who will speak at UNO at 3 p.m. Wednesday in ASH 313.

His speech, sponsored by UNO's department of philosophy and religion, is titled "Objections to Realism."

Fumerton received his B.A. from the University of Toronto in 1971 and his M.A. and Ph.D. degrees from Brown University in 1973 and 1974. His research is primarily in epistemology, metaphysics and value theory.

Fumerton is the author of numerous books, including *Metaepistemology and Skepticism* (1996), *Reason and Morality: A Defense of the Egocentric Perspective* (1990) and *Metaphysical and Epistemological Problems of Perception* (1985).

His most recent book, *Realism and the Correspondence Theory of Truth*, will be published soon.

Fumerton has also written numerous articles and reviews. Among them are "A Case Study: The Monsanto Decision," in *Teaching Ethics* (with Diane Jeske) and "Review of Helm's Belief Policies," *Philosophical Books* (1996).

Fumerton will also be part of an informal lunch discussion with area philosophers to be held Thursday.

Members of UNO's philosophy club, as well as others interested in philosophy, can attend the lunch, which will be held at 11:30 a.m. in ASH 205T (conference room).

For more information, call Kathy Cox Schwartz at 554-2628. ☎

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g opinions&editorials

Why be conscious and remember life?

column by Mike Machian

As I came to work today, I had a sudden realization: I don't drink nearly enough alcohol.

How much do I drink? Let's just say there are Mormon grandmothers who have been drunk more times than I.

Why do I feel the need to drink more? Besides the obvious reason that everyone else is doing it, I feel massive alcohol consumption can improve my life in many ways. Plus, it's cheaper than cocaine and safer than sniffing glue.

From years of personal experience, I've realized the shy, nice guy does finish last when it comes to the ladies. From what I've learned from cable TV and my limited experience in bars, women appear to be attracted to the speech-slurring, beer-spilling man filled with drunken confidence.

This man has enough confidence to approach and hit on any and all women, even if their boyfriends are standing right there. This man is confident enough to keep trying even though he's being slapped or kicked in the groin. What better place to find a soul mate than in the alley outside a bar?

As my editor tells me constantly, I work too much. I'm usually not sick enough to call in and I'm definitely not a good enough liar to fake it. But... if I drank massive amounts of peach Schnapps, they'd immediately tell when I called in that I was in no condition to work. That of course assumes that I remember to call in.

They say honesty is the best policy. While that is true, it is also true it's not the easiest policy. Fear of hurting someone's feelings or someone hurting your body usually keeps the truth from coming out.

Nothing eliminates those fears more than tequila. Friends, bosses and cops will all now get to hear your unsolicited opinion of them.

Believe it or not, there are disadvantages to driving a 1990 Ford Taurus. Everyone wants me to chauffeur them around. Shouldn't that be their parents' job? I drive bad enough sober, but after a half-bottle of malt liquor, the odds of my stylish Taurus ending up wrapped around a telephone pole or in someone's living room increase. Nothing like painful flaming death to convince you to get a cab.

I hope I die before I get old. Forty years later, that philosophy is still embraced by many. If you think life is hard now, wait until you get old. The music will suck, everything will cost too much and the teenagers will be crazy. When you reach the autumn years, there is a good chance social security will be dried up. We can't expect our kids to take care of us because they will be busy fighting off the cyborg mutant invasion. Why suffer through that when half a bottle of gin a day (for a few decades) will keep the nursing home away?

To quote the great Homer (Simpson): "To alcohol, the solution to — and cause of — all of life's problems." Now, I'm not advocating everyone make alcoholism a way of life, just a hobby. Everyone needs a hobby. Now you can have one that costs less than Star Wars figures off eBay and one that leads to more contact with the opposite sex than stamp collecting. If you can think of something fun that doesn't involve blackouts, bar fights and liver failure, I'd like to hear it!

Next week: the dos and don'ts of heroin addiction. ☺

The Shackles of Elitism . . .

Consciousness of oneself

Josh Bashara

Manic Digression

To become conscience of oneself, to truly understand everything that makes you who you are, is one of the most intellectually liberating achievements one can reach in life. The road is paved with many obstacles; some large, some small, and some catastrophic. It is a road that constantly changes shape, making it nearly impossible to chart. Everything along the way — every experience and every piece of knowledge gained — adds to the ultimate resolve of Who You Are.

When I was young, I always knew I was different than everyone else. At least, that's how I saw myself. It's what kept me asleep at night.

I, like many others, had a difficult childhood. Somewhere between learning to ride a bike and graduating from high school, my peers somehow managed to suck virtually every ounce of self-esteem and pride out of my life. We'll just leave it at that. I had a difficult youth, and so did millions of others just like me, which is something I have painstakingly come to accept in the last few years.

Because of the way I was treated when I was young, I was very angry, and suffocated in loneliness. I hated who I thought I was, or rather, how I saw myself through the eyes of others. I had to compensate somehow. I knew that I had to possess some kind of admirable trait, *something* that made me different.

Over the years, I developed a sense of elitism, believing that when all was said and done, I was a better person than the rest — more intellectual, higher intelligence, with a more colorful collection of scars to add to my wisdom.

It wasn't until later in life that I came to realize that we are all more alike than we are different. The pivotal moments preceding this little epiphany really aren't important. Whether it was a book that was read or a friend that changed my perception on others is irrelevant. I began to let go of my stringent egoism, and in doing so, saw how blind I really was.

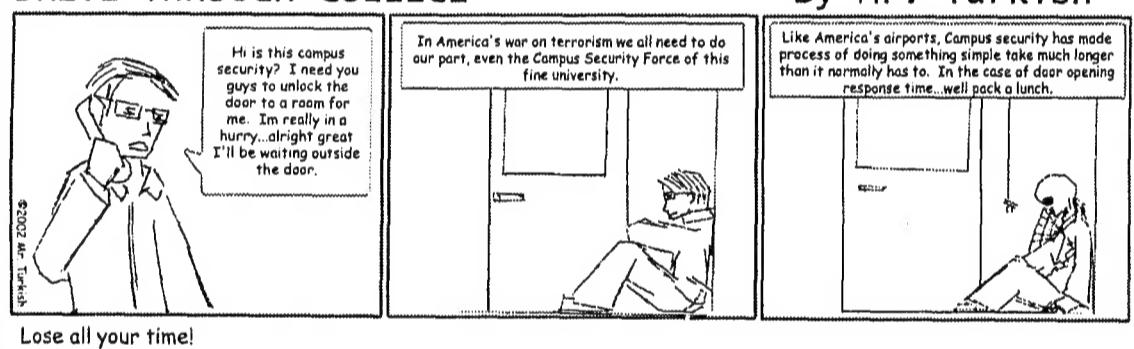
One of the biggest catalysts to sparking an elitist attitude is personal discrimination, as was in my case. Being teased as a child, or the victim of some sort of abuse, can be a crippling experience. Self-worth is questioned, pride is hurt. A natural reaction is the development of a holier-than-thou attitude regarding your peers, telling yourself that "You're better than they are" and similar compensating thoughts. Often, the assumption that children can be grotesquely cruel is correct.

Initially, a child can actually benefit from harboring this kind of outlook on life. It gives a sense of power and self-importance, and aids in numbing the pain associated with abuse. It's the outlook that follows you later in life that can cause trouble.

By constantly looking at everyone around you — people you don't know, people just walking down the street, or sitting

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DRIVE THROUGH COLLEGE



By Mr. Turkish

Gateway Photo Poll

If your life were a TV movie, who would play you?



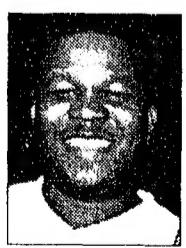
Ryan Burke,
Senior
"Chris Farley or
Michael Jackson.
Chris, because he
was fat like I am, and
Michael, because I
taught him how to
dance."



Jeff Spilker,
Sophomore
"Arnold
Schwarzenegger,
because he's
built exactly like
me."



Mark Carroll,
Security
Guard
"Robert
Redford,
because I
liked him in
*The Great
Gatsby*."



Marcus Lewis,
Graduate Student
"Forest Whitaker,
because he's a great
actor and he played
the life of a jazz
musician in *Bird* and
that's what I do."



Alissa Givens,
Sophomore
"Angela Bassett,
because she
represents what
a strong woman
should be like."



Chelsie
Grosbie,
Freshman
"Julia
Roberts,
because
she's cool."

"Without music, life would be a mistake"

- Friedrich Wilhelm Nietzsche

the gateway

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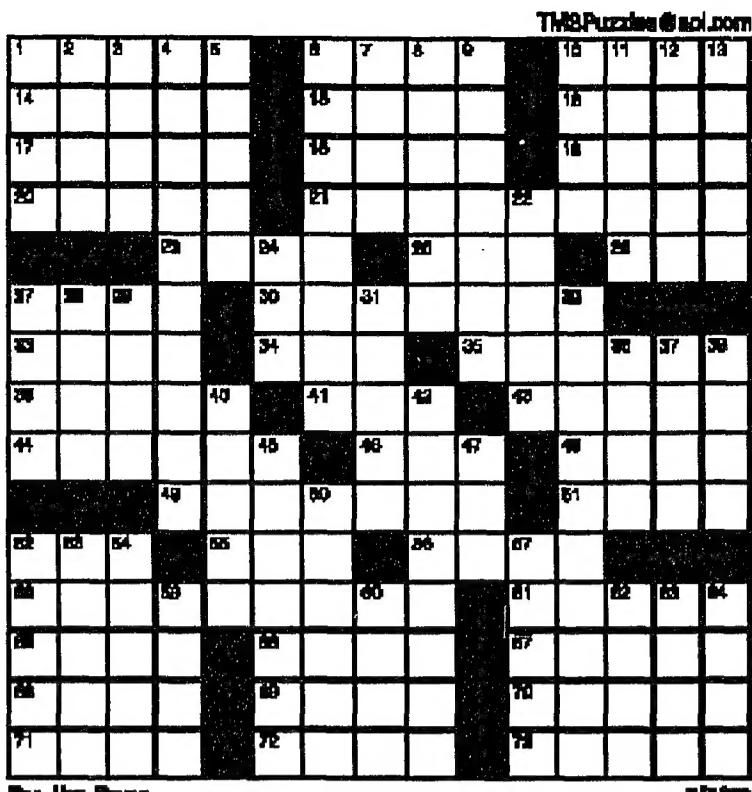
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Letters must be signed using the writer's first and last names. Letters must include the writer's address and phone number for verification purposes only. Letters to the editor exceeding two typed pages will not be considered for publication.

The Daily Crossword

Edited by Wayne Robert Williams

By Jim Page
New York, NY

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- 5 Nervous
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- 7 "The Good Earth" heroine
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Trusted-traveler ID card not to be trusted

Joel Mowbray

With the continual threat of terrorism, the specter of a national ID card has reared its ugly head again, this time in the form of an innocuous-sounding "trusted-traveler" program.

The U.S. Department of Transportation is currently considering plans for an ID card to be used initially by frequent fliers on a voluntary basis. Cards would contain not just a photo, but also biometric data, most likely a fingerprint. Passengers with the special ID could avoid long lines and breeze

thru security checkpoints. In theory, the cards would facilitate quick checks against available FBI records.

Government programs always snowball, particularly when big brother's power is enhanced. Once the ID cards prove a "success," which will undoubtedly be the government's official line, it's only a matter of time before all passengers are forced to carry one.

This big brother boondoggle is backed by a supposedly limited-government conservative, Rep. John Culberson, R-Texas. No doubt he sincerely believes that

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at a party — and making snap judgments left and right about their character is being just plain blind. The assumption that everyone around you is of a lower breed of intellect and constitution is selling yourself short. To be able to just look at someone, by the way they're dressed or the way they talk, and know that you are better — you have seen more (your eyes are open) — is the greatest injustice that "O You of Great Wisdom" can do to yourself.

It's a damn hard line of thought to eliminate. When such a self-important attitude has been imbedded along with your personality for so many years, it's hard to lose without losing a little of yourself. The benefit far outweighs the detriment, though. To learn and accept that everyone shares a collective uniqueness, and that everyone has seen and done things in life that many consider outlandish, is to truly take one of the few but difficult steps towards enlightenment.

Everyone has hurt, and many have been abused. Everyone cries, just like you. Everyone has those miniature little epiphanies

that pop up daily in his or her head.

You are not unique in this manner. In fact, it is ironic, because the things which we secretly pride so much within ourselves, are at the same time secretly prided by so many others. Everyone has a first-person point of view, just like you. Everyone thinks that she holds the ultimate "big picture" view. Each one of us is our own main character in the story of our lives. To each one of us, we are the most important people in the world, not you.

Let go of yourself, just a little. Let go of a piece of what makes you who you are, in exchange for a piece of everyone else, and what makes them who they are. After all, last time I checked, you weren't alone in the world. ☺



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When: Wednesday, March 6th
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Time: 12 - 1 pm

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All janked up . . .

Jank1000 relocates to sunny California

Kelly McCoy

"I have to tell you, we were sandwiched in between the tour buses of the Wu-Tang Clan right now," Jank1000 lead singer and guitarist Matty Lewis confides from an unnamed interstate somewhere between Phoenix and California. "We're following them."

Catching up with Jank1000 is no small feat. Reaching them is a matter of coordinating the band's drive time between shows and hoping for good cell phone coverage while the guys trek through the deserts of the Southwest.

The band, originally from Omaha, recently relocated to California to be closer to its management. The band traded in snow shovels and winter coats for a house in the desert just north of Los Angeles.

In addition to its removal from the Midwest, the band has also undergone a change in lineup. Albert Kurniawan has brought his drumming skills to the band, joining Lewis and bassist Danny Isgro.

Kurniawan has brought more of an edge to Jank's punk rock sound, Lewis says: "It's faster, and more aggressive and he's put a lot more punk into it."

Somehow, the band members have remained close, despite the fact they live and travel together almost constantly. After hours of quality bonding time in their van, the Cruiser 8, conversations seem to flow from one inside joke to another.

"We're so tight because we're with

each other all the time," Lewis says.

Since moving to L.A., the band has had the opportunity to play as many as three or four shows a week in venues all over California, Nevada and Arizona. The band's sole employment right now is developing the band and building a following for Jank1000.

Jank is hoping to record a new album, but for now, the band is pushing three newly recorded songs that feature Kurniawan on drums. The songs are available for download on the Web at www.jank1000.com.

"We hope to record here soon," Lewis says. "Our management is talking to some labels. Hopefully, we can record in the next month and then tour non-stop for it."

The band is hoping to return to Omaha on that pending tour.

Spending so much time crossing the country has also given Jank a new-found appreciation for the acting skills of Britney Spears. Her new movie, *Crossroads*, features the singer-turned-actress on a road trip with two friends across America.

"Jank1000 gives the movie *Crossroads* big thumbs up," Lewis says as he heartily endorses the first scene that "involves Britney Spears dancing around in her underwear."

"The best part — I don't want to spoil anything — is that she ends up with the guitarist, you know, from the band," Lewis says and gleefully adds, "There's hope for us all!" ■

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Ways to cope with and treat self-harm

Sarah Meedel

Cutting, burning, bruising, hair-pulling and breaking bones are not our society's accepted methods of problem-solving. But for a portion of the population, inflicting injury onto themselves is most satisfying.

The Gateway recently had a chance to speak with John Lehnhoff, Ph.D., a clinical psychologist at Richard Young Center, to get his professional opinion on the matter.

"There is not a separate diagnostic category for self-harm," Lehnhoff says. "It can be a symptom of depressive disorders or post-traumatic stress disorders."

The link between self-injury and suicide is often a myth.

"Most who deliberately self-harm aren't doing it as an attempt to end their life," Lehnhoff says.

In fact, he says many cases of self-mutilation do not require immediate medical attention. However, in order to stop hurting oneself and the ones around them, help of some sort is needed eventually.

The Richard Young Center offers multiple classes and counseling in order to help people heal. The focus is on building self-esteem and emotion regulation, as well as other positive wellness aspects.

"Many people recover from self-harm through very long-term outpatient

therapy," Lehnhoff says.

The outpatient therapy can include support groups, which may help a person feel more confident about achieving the goal of stopping the personal abuse. Lehnhoff also suggests that people who self-injure stay away from harmful people and situations.

Secret Shame, a Web site for self-injury information and support, offers some suggestions that have worked for reformed self-abusers. There are numerous motivations behind self-mutilation and just as many proposed solutions. The authors of the site categorize the different ways of dealing with wanting to hurt oneself, depending on the reasoning of the urge.

When the desire to harm is of frustration or anger, *Secret Shame* suggests doing something physical and violent but not directed at a living thing. Examples are ripping up an old newspaper or phone book, hitting a pillow against a wall, breaking sticks or throwing ice at bricks hard enough so they shatter.

For those who want to cause physical harm to themselves due to depression or sadness, instead try something more comforting. Try taking a hot bath, listen to soothing music, curl up in bed and watch a favorite movie or visit a friend.

To deal with a craving for pain without causing more than temporary damage, try something more creative.

see Self-harm, page 11

New diet books put different spins on the search for one's self

Molly Martin
The Seattle Times

One stack of the recent diet books piling up on my shelves seems different, somehow, than many of its predecessors. More specific. Targeted. Customized.

There's one that identifies three body types, based on the autonomic nervous system. Another book lists three color-coded types, drawing from traditional Indian medicine. One specifies four types, determined by insufficient brain chemicals. Another singles out six types, growing out of a blend of East and West. Yet another gets up to 25 variations, determined by which gland, organ or body system is dominant.

What I can't quite tell is which has become more precise — the science or the marketing.

Maybe it's both, of course, or neither. Perhaps in a few years one of these systems will be the norm, or they'll all have gone the way of the grapefruit diet. In the meantime, I'm not sure how anyone decides to pick one of these over another.

In *The Metabolic Typing Diet* (\$14.95, Broadway Books), William Wolcott says the two branches of the autonomic nervous system — sympathetic and parasympathetic — result in unique ways individuals process foods and use nutrients, which calls for three diet types: protein, carbo and mixed.

Eat Your Colors by Marcia Zimmerman (\$14, Owl Books) draws from principles of

Ayurvedic medicine to identify three body types, color-coded to correspond to three eating plans — Red, Yellow and Green — intended to "access the healing power of nutraceuticals" (foods with health benefits).

Turn Off The Hunger Switch by Paul Rivas (\$24, Prentice Hall Press) contends that weight gain is from hunger created by faulty brain-chemistry messages. Rivas, a Maryland M.D. who specializes in treating obesity, identifies four types of people: those with deficiencies in serotonin, norepinephrine or dopamine or those with a carbohydrate sensitivity. Recommendations include over-the-counter supplements (ma huang, guarana, SAMe) and prescription medications (phentermine, Wellbutrin, Prozac).

Your Body, Your Diet by Elizabeth Dane (\$25.95, Ballantine Books) claims to be the first nutrition and lifestyle guide to unite Eastern and Western philosophy to create personalized diet and exercise programs. It identifies six major "Meta-types," and for each addresses food combinations, acid/alkaline balance, vitamins, minerals, amino acids, essential oils, Bach flower remedies, acupressure points and exercise programs.

Different Bodies, Different Diets by Carolyn Mein (\$25, ReganBooks) introduces 25 body types, differentiated by dominant gland, organ or system. Mein, a California chiropractor, says these types determine certain physical characteristics

see Books, page 7

from Books, page 6

and psychological traits and have corresponding ideal weights, diets and exercises.

Some new titles present more conventional approaches and include specific plans to follow.

Combat Fat! by Andrew Flach (\$23.95, Hatherleigh Press) features an eight-week fat-loss diet and exercise program that emphasizes monitoring body fat (skinfold calipers come with the book) rather than weight. The diet, based on federal guidelines released in 2000, calls for 12 to 20 percent protein, 55 to 65 percent carbohydrates and 25 to 30 percent fat.

The Take Control Diet (\$23.95, Random House) by Ian Smith, medical correspondent for NBC's *The Today Show*, has a 30-day menu and exercise program, with goals based on the Body Mass Index.

Get a Real Food Life by Janine Whiteson (\$24.95, Rodale) offers an eight-week approach using self-diagnostic quizzes and a food journal to increase awareness of eating patterns.

Some effective changes in eating patterns may have less to do with the type of diet than with an individual's circumstances or a particular trigger: a health scare, upcoming class reunion, pending swimsuit season.

And sometimes it might be getting advice that just rings true, such as one gem in *The Okinawa Program* by Bradley Willcox, D. Craig Willcox and Makoto Suzuki (\$24.95, Clarkson Potter). The book is based on a 25-year study which found that, compared with Americans, the people of these Japanese islands age relatively slowly, and are at 80 percent less risk for heart disease, breast cancer and prostate cancer. Their diet is plant-based, high in complex carbohydrates, low in calories, with moderate fat and protein.

But the Okinawan lesson I'll probably retain the longest is a cultural habit called *hara hachi bu*. It means, simply, to eat until you are 80 percent full. And then stop. ☐

from Trusted, page 5

the trusted-traveler ID would be simply splendid, but the road to tyranny is paved with good intentions.

The reality is that federally issued and controlled ID cards with fingerprints will take us further along the road to a national ID card than any other partial measure could. Consider how many frequent fliers there are, and add to that the rest of the flying population within 10 years, and suddenly, you've got a massive federal database containing sensitive personal information on most of the American public.

Scuttling the normal legislative procedure in the aftermath of Sept. 11, several lawmakers slipped the trusted-traveler language into the Aviation and Transportation Security Act, without holding a single hearing to determine the merits or potential effectiveness of such a plan. Given the enormous privacy implications at stake, it's worth asking a question Congress didn't: will these ID cards even work?

Assume for a moment that the trusted traveler program is established without a hitch. In the words of Culberson, card-holders would "be subjected to less rigorous screening procedures than other passengers," enabling airport security "to focus their attention and resources on passengers who pose a legitimate hijacking threat." What about the possibility of someone who appears to be a model citizen and whose terrorist intentions are concealed, even from the FBI? Is that someone we want waived through because he doesn't "pose a legitimate hijacking threat?"

If anything, a trusted-traveler or national ID card system could merely succeed in lulling us into a false sense of security, prompting us to turn our back on other measures. Such complacency could be lethal, because the ID card would not be foolproof.

Any large-scale database with networked servers, not to mention hundreds or thousands of programmers with access, is vulnerable to hacking. One need look no further than the experience of the Veterans' Administration, whose employees bilked the agency for at least \$14 million in fraudulent benefit checks. To make matters worse, veterans' detailed medical and service records were easily hacked by government-paid, mid-level hackers during a security audit. The VA's Deputy Inspector General made a stunning confession to Congress: an unsophisticated teenager could have "owned" the VA computer network.

A House subcommittee issued a report in 2000 giving the federal government an overall "D-" grade for computer security.

Creating a trusted-traveler ID card might seem like a reasonable security measure, one that would help safeguard our skies. But if the program fast-tracks previously law-abiding terrorists thru airport security and the database storing vital information is susceptible to hackers, the loss of

our privacy is not the biggest threat it would pose. This is one plan that no traveler should trust. ☐

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CD reviews

Jimmy Skradski

Midtown
Living Well Is The Best Revenge
(Drive Thru)

The New Jersey foursome Midtown follows up its debut CD *Save The World, Lose The Girl* with an energetic collection of booty-shakin' tracks that are punky, poppy and just straight rockin'.

On *Living Well Is The Best Revenge*, Midtown maintains its formula of upbeat rhythms, sing-along choruses and heart-felt lyrics in a melodically infectious fashion. The opening one-two punch of "Become What You Hate" and "Still Trying" are turbo-speed, anger-driven stories of betrayal that will be stuck in your head for days. "Like A Movie" combines aggressive melody with meaningful lyrics. "Living Well ..." is a fine example of honest songwriting with depth, harmony and tight melody.

The strength in Midtown's sound is found in the band's ability to deliver huge choruses with dual vocal melodies combined with a punk edge. Produced by Mark Trombino (Jimmy Eat World, Blink 182), the sophomore effort from this East Coast band is a fresh rock album with touches of punk, emo and pop. Listening to this CD, you can almost picture these guys jumping up and down and singing their hearts out, something rare in today's music world. The CD is due in stores April 16.

Grade: A

Finch
What It Is To Burn
(Drive Thru)

If the Deftones and Jimmy Eat World ever had a bastard son it would be Temecula, Calif., band Finch. Mixing hardcore elements with emo melodies and pop hooks, the virtually unknown Finch delivers quite possibly the breakout album of 2002 thus far.

Driven by undeniable passion, Finch is the band that bridges the gap between punk, hardcore, emo and rock with power and sincerity. From a distance, the band might come off as some lame-ass nu-metal band, but if you look deeper you will see Finch covers the entire emotional spectrum and actually has something to say.

Lyrical, vocalist Nate Barcalow

explores the emotional roller coaster of relationships and beyond. "Letters to You" and "Untitled" blend raw intensity with post-hardcore angst and melodic rock. The standout track "Stay With Me" blends pop, punk and rock, while "Perfection Through Silence" adds background screams that make the spine shiver.

The notable thing about Finch is the screams are actually melodic and not annoying. The title track just might make you cry. The tracks on this full-length debut emit such undeniable feeling it's ridiculous. Featuring guest vocals from Glassjaw's Daryl Palumbo and produced by Mark Trombino, Finch's album delivers something that pushes the boundaries of rock music and builds the bridge between many styles of aggressive music. Fans of Glassjaw, Deftones, Thursday and Jimmy Eat World should not sleep on this.

Grade: A+

Unwritten Law
Elva
(Interscope)

The San Diego band Unwritten Law pretty much abandons its punk roots on its fourth release, *Elva*, for bland hard rock songs and messy hardcore attempts. What these guys were thinking I have no idea.

The acoustic numbers have to be embarrassing and the lyrics make you cringe. The opening track, "Mean Girl," is an eye-opener but has the stupidest chorus ever ("I'm in love with mean girl"), which pretty much ruins the song.

The signature California pop-punk sound evident on Unwritten Law's 1998 self-titled album is hardly evident on *Elva*, with the exception of the tracks "Up All Night," "Seein' Red" and "Geronimo." The rest of the tracks on here are pretty much crap. For example, the song "Babylon" is laughable and absurd.

Produced by Miguel (of Sublime fame), *Elva* goes places where Unwritten Law is clearly not ready to go and the experimentation comes up way short. The album does have its moments, but those moments are rare. If you are expecting 17 quality songs, you are sorely mistaken. You get about three or four. Fans of past albums: proceed with much caution. The band took way too many California kind bud bong hits in the studio on this one.

Grade: D- ☐

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sports

Mav netters down Graceland

Paul Freelend

Tennis

Maverick head coach Bill Nichols and his UNO tennis team continued their early-season success Sunday, rolling to a 6-3 win over Graceland University.

UNO started quickly, taking two of the three doubles matches. The No. 2 doubles team of Jenika Schmidt and Sarah Huls cruised to an 8-1 win, while the No. 3 doubles team of Shannon Dinovo and Lindsay Henjum shut out their opponents en route to an 8-0 win.

Graceland briefly took the lead at the beginning of the singles competition as Huibie Wepener beat the Mavs' No. 1 singles player Bridgette Komasinck 6-4, 6-3 and Schmidt fell at No. 2 singles to Lana van Rooyen. The Mavericks closed out the dual in style, though, winning the next four matches to seal the 6-3 victory.

Huls won 6-1, 6-3 at No. 3 singles over Shannon McCoy, while Mikaila Spalding gave her team a No. 4 singles win with a 6-4, 6-3 win over Emily Donnelson. At No. 5 singles, Lindsay Loveland won 6-1, 6-4 against Tarasa Oldridge and No. 6 singles player M.J. Robertson capped the dual with a 6-1, 6-1 win over Graceland's Carrie Robinson.

UNO's dual win moves their season record to 4-1. The Mavericks were scheduled to play South Dakota State March 1, but the dual was postponed. Graceland will have a chance to avenge their loss when they host the Mavs in another dual on April 20, but UNO's next test will be March 12 when they travel to Maryville, Mo., to take on Northwest Missouri State. The Mavericks' next home dual will be on March 14 against Midland Lutheran. ☐

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Jordan's third comeback was not pretty

Rick Morrissey
Chicago Tribune

For those of us who thought Michael Jordan wouldn't make it through the season without getting hurt, there is no satisfaction in seeing the best basketball player ever looking old, tired and surgically repaired.

That was the concern early on that Jordan would come out of this latest comeback altered in some way, a 1984 Cadillac finding itself on blocks in a chop shop. It's the same concern now.

The competitor inside Jordan will have him rushing back with a playoff spot on the line for the Wizards. If you take away the possibility of a postseason for MJ, all you are left with is an athletic-shoe salesman who can average 24 points in his sleep.

Thus, there are certain things you can count on in life: death and taxes, taxes after death in probate court and Jordan willing himself back to help his team make the playoffs. He defies odds and loves the attention that comes with it.

The thing about those bright lights, however, is they reveal every wrinkle, every blemish, every cigar-cutter scar. Jordan knew it would be that way and maybe he believes that's the lesson for us — that it's OK to get older. We already knew older meant hipper because of the existence of Hugh Hefner, but Hef can't dunk, unless there's more to Viagra than we know.

As most of the developed world — and parts of Southeast Asia — now knows, the 39-year-old Jordan is recuperating from arthroscopic surgery that repaired torn cartilage in his right

knee. Reports have Jordan out of action from two weeks to forever, depending on his ability to heal and the relative optimism of various media outlets.

The Washington Post, for example, faced with the prospect of covering the Wizards featuring Kwame Brown and Jahidi White, has hired a shaman to cure Jordan "yesterday, if possible," a *Post* spokesman said. And there will be a "laying of hands" upon Jordan's knee by the entire *Post* sports staff.

Wizards coach Doug Collins, who traded in a broadcaster's microphone to work with Michael, has been sobbing uncontrollably since Jordan's injury and screaming, "They can send a man to the moon, but they can't fix a knee?"

As we wait with bated breath for Michael's return, this might a good time to analyze his latest comeback. There are two questions to address during this pause in the Great Experiment.

1. Is Jordan better off for having returned to the game this season?

This is a question only Michael can answer, but let me attempt to get inside his cranium, an area that resembles a hazy, smoke-filled casino: He's not sure. His knees hurt. His body aches. His wife recently reminded him that his lifestyle is not healthy in the traditional marriage sort of way.

What has been on public display is a man searching for the meaning of his life. Fascinating? To Nike officials, yes, but then they'd be fascinated by Michael's nail clippings.

Jordan did remind himself that even with three years off, he's still

among the best players in the world. There wasn't much question of that. There wasn't much question that Jordan, coming to a bad team, would be among the top 10 scorers in the NBA either.

So other than having captive card players on the team airplane, Jordan might be wondering whether this was all worth it. The answer will come if the Wizards make the playoffs. He's not a teaching pro to young stars. He's a winner.

2. Are we better off having witnessed the Third Coming of Michael?

It has never been about us, aside from the obvious marketing and sales opportunities. It's about Jordan, about his being unable to let go of this one thing he once did better than anybody else.

It's hard to begrudge him that, although there is this vague feeling of emptiness hanging over Jordan's return. It has lacked meaning and substance.

I don't see how I'm better off than I was four months ago. Jordan could come back three years from now and average 18 points a game. Scoring never was the issue.

Watching Jordan going against the Bulls in Chicago in January was like watching an asbestos clean-up site. I'd much prefer to have my memories than the current version but it's his life.

Michael can do whatever he wants with that life, but it doesn't mean it has to be fun witnessing it. Watching liver spots grow isn't fun either.

Wake me if the Wizards make the playoffs. ☐

The Raf Report

Raf Czarnecki

Before I get to the madness of championship week, there is a controversial issue that needs to be addressed. A touchy topic that makes me question the intelligence of one Jayson Williams. Jayson Williams, not "J-Will," the Duke baller, or "White Chocolate," the lost Memphis Grizzly, but rather Jayson Williams, the former NBA All-Star, former NBC commentator and former free citizen.

In another disturbing case of professional athletes gone wild, Williams felt the need to kill a limo driver. Costas Christofi, yes, that was his real name, was the unfortunate recipient of a late night at the Williams household. Within a year of allegedly almost shooting New York Jets wide receiver Wayne Chrebet in his backyard, Williams was up to his old tricks in the early hours of Feb. 7. During the "tragic accident," Williams was showing off his array of firearms to Christofi when he accidentally lost control of his shotgun. Bottom line: an innocent limo driver is dead, and Jayson Williams should never be allowed to touch a super soaker. Pro Athlete, take note: killing is not a sport.

Smooth transitions are overrated. Free association is where it's at.

Free association ...

Pro women's boxing undercard ... Reggie Miller vs. Kobe Bryant Why? ... Spring training highlights

Extend Baseball's off-season Go away Curling

Olympic hockey Pretty big time, ay?

Give me back my stop watch ... Mel Kiper Jr.

Free agency ... Killing me softly

U.S. soccer team ... Play like this in Korea

Championship week: fun for the whole family

Watching the dramatic ending to Saturday night's Drake-Illinois State game, that funny "feeling" came back to me. You know, that tingly feeling you get after taking down one too many... I mean, after you realize that it's the first week of March and there's no better time of the year for a basketball junkie. Bubble talk is the main discussion at the dinner table. Bracketology 1100 is the most popular class on campus. The Metro Atlantic championship game never felt so good. The calendar shows 9

days until we become one with the madness. Without further ado, let's take a close look at the bubble squads.

In, but need one win this weekend: Syracuse, Memphis, Missouri and Wyoming.

Out, NIT is the place to be: Minnesota, St. Joseph's, Butler, Virginia and Charlotte.

Better win your conference tournament: Pepperdine, UNLV, Ball State and Western Kentucky.

Finally, two teams that I didn't mention in the bubble discussion are Creighton and Southern Illinois. Both are easily two of the best 65 teams in the country and should go to the big dance. Dilemma: only one will represent the Missouri Valley Conference. That's the beauty of the madness. Is it fair? Not really. Is Florida Atlantic better than an "A" league intramural team by the name of Miller Time? Probably not. Is it nice to see Cinderella stories like Florida Atlantic take center stage with the "big dogs" for a week? No doubt. All you need to know: Creighton-Southern Illinois, Part 3 will represent one of the many special moments that make March Madness the best sporting event of the year. I'm done. ☐

Mav Softball goes 3-0 at Lead-Off Classic

Paul Freeland

Softball

UNO's softball team swept its way to a 3-0 record at the season-opening National Fastpitch Coaches Association Lead-Off Classic and in so doing recorded the 900th win in the history of Maverick softball.

Inclement weather shortened the tournament, so the Mavericks took third place despite their undefeated record. UNO opened with a 5-2 win over Tarleton State and a 9-1 win over Oklahoma Panhandle State on Friday, then closed out the tournament with an 8-0 blanking of St. Edwards.

Tarleton State, playing its 18th game of the season in contrast to UNO, which was opening its season, opened up a quick 2-0 lead, but a bases-loaded walk and a pair of Tarleton errors put the Mavs ahead 3-2. Erin Drinnin plated a pair of insurance runs with a two-run home run in the seventh inning to drop TSU to 13-6 and move the Mavs to 1-0.

Emily Adkins held Oklahoma Panhandle State (5-11) to one run on six hits to pick up her first collegiate win for UNO. In a shortened five-inning game, the Mavs scored three runs in the second inning and five in the third to put the game out of reach. Drinnin led the charge, hitting 2-3 with a double, another two-run homer and four RBIs. The win was the 900th in the program's history.

St. Edwards, like UNO, came out of its pool 2-0, but had to settle for the third-place game. Krista Unger picked up her second win of the season, holding St. Edwards to just two hits and no runs, while Sarah Scheppers and Amanda Lehotak led the May offense. Scheppers was 2-3 with two RBIs and Lehotak went 2-4 with a home run, two runs scored and three RBIs.

UNO (3-0) will play its home opener on Wednesday as the Mavericks host a doubleheader against Northwest Missouri State. The first game is scheduled to start at 4 p.m. at Claussen-Westgate Field. **G**

from Hockey, page 1

wrist shot from the blue line. The goal at 5:42 of the third gave UNO the 3-1 lead.

A one-goal game again presented itself when MSU's B.J. Abel handcuffed UNO goalie Dan Ellis from the side of the goal. Mankato looked to have scored again in the third, but the goal was waved off due to a man in the crease.

Zanon closed the scoring with a floater into an empty net from his own blue line with just 26 seconds left in the game.

Ellis set a new school save record with the 23-save performance.

"I think it was a little tough for Ellis tonight, because the game was so erratic," Kemp said. "But if he doesn't set that saves record for us, we have a few less wins."

Outscoring Mankato by two goals gave UNO an edge going into Saturday night. After spotting MSU a 3-0 lead in Mankato, UNO scored three straight goals in the final 11 minutes of regulation before losing 4-3 on Justin Martin's goal at 1:07 of overtime.

UNO (20-14-4) will face Notre Dame in the first round of the CCHA playoffs next weekend. **G**

from Award, page 1

exemplary."

Winkler said the input of personnel from student services was also critical to the success of the program.

In the program's first academic year, there were 141 enrollments and 10 majors. The 2000-2001 school year had 250 enrollments and 41 majors, yielding a 77-percent increase in enrollments and a 75-percent increase in majors over the three-year period.

The program has averaged a yearly increase of 20 percent in enrollments and 40 percent in majors, Winkler said.

"We are also indebted to the registrar, admissions, library, student accounts and bookstore personnel for supporting this effort. It truly is an example of what teamwork in a university can accomplish," Winkler said. **G**

Mavs pick up NCAA regional bid

Paul Freeland

Men's Basketball

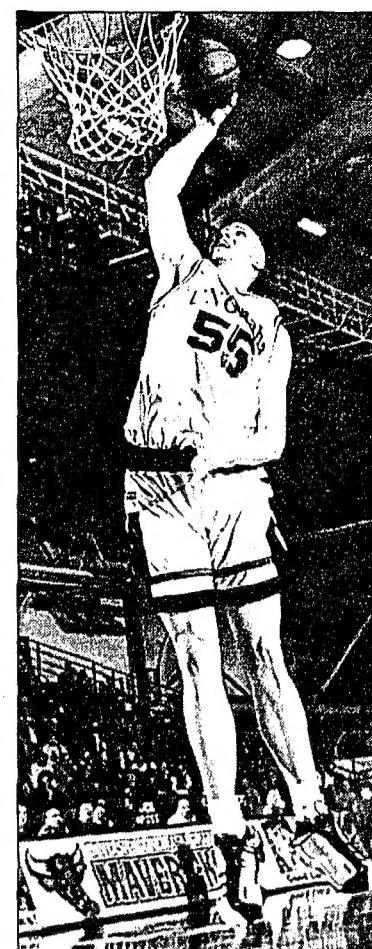
UNO's men's basketball team lost in the semifinals of the North Central Conference tournament, but received an at-large bid to reach its first NCAA tournament since 1984.

North Dakota beat the Mavericks 68-53 in the NCC semifinals, due mostly in part to a frigid shooting performance from UNO. The Mavs shot 20-64 (31.3 percent) from the field, including 1-14 (7.1 percent) on three-point shots. North Dakota had also struggled from the field in the first half, shooting 11-30 (36.7 percent) and 1-7 from behind the arc, but the Fighting Sioux found their range in the second half and shot 48.4 percent from the field to pull away for the win.

UNO started quickly, jumping out to leads as big as 12 points at 14:2 and 16:4, but the Mavs' shooting would sour down the stretch. The Mavericks had their last lead at 32-30 with 15:04 left in the second half before North Dakota's shooting got back on track.

Eddie King led UNO (23-8) with 15 points and was one of three Mavericks in double-digit scoring. Tola Dada scored 12 points and had 10 rebounds, while Corey Hahn had 11 points and eight rebounds. However, no other Mav player scored more than five points. Junior college transfer Jerome Beasley led North Dakota (19-9) with 23 points on 11-23 shooting and 14 rebounds. Beasley was the only Fighting Sioux player in double-digit scoring.

UNO will take part in the 48-team NCAA Division II tournament and will play in the six-team North Central Regional, which will be held in Brookings, S.D., on the campus of host and top seed South Dakota State. The Mavericks will play Durango, Colo.-based Fort Lewis College (21-8) Friday night with the start time yet to be announced. The Skyhawks earned their ticket to the tournament by virtue of winning the Rocky Mountain Athletic Conference tournament, upsetting host school Nebraska-Kearney 72-71 in overtime. The game will be UNO's eighth trip to the Division II tournament, the school's first in 18 years, and will be the first meeting between the Mavs and Fort Lewis. The Mavs have a 5-14



Maverick Adam Wetzel finds himself all alone and capitalizes on the situation with a slam dunk during UNO's first-round NCC playoffs win last week. UNO lost its second-round game this weekend, but still won a bid to the NCAA Division II tournament.

photo by Chris Machian

overall record in tournament play and are 2-5 in first-round games.

Minnesota-Duluth (19-10) and Metro State (23-6) face off in the other regional first round game, with the winner to face second-seeded UNK. Should UNO defeat Fort Lewis, they would face SDSU on Saturday night. The regional championship game is Sunday and the winner will advance to the Division II Elite Eight tournament to be held in Evansville, Ind. **G**



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from Snow, page 1

classes, Buck says.

"Generally speaking, we are a business," Buck says. "And we basically try to stay open."

Buck says preliminary assessments, if possible, are made the night before expected inclement weather.

University officials, including Neil Morgensen, facilities management and planning director, Nancy Castilow, university affairs director, and representatives of both academic affairs and the personnel office, try to formulate a decision as early as possible.

Buck says the group tries to have decisions regarding cancellations at least three hours in advance.

Buck and company are sometimes forming a decision as early as 3:00 a.m.

"I try to call the chancellor by 4:30 or so to let her know what's going on," Buck says. "And then we go and try to get it out by the very latest 5 a.m."

While Chancellor Belck does have final say on whether the university will be closed or not, the decision is more or less determined by the city's ability to provide students, faculty and staff with suitable conditions in which to travel.

"The city tells us how they're doing relative to the streets, how they see what's going on, what the protections are, that sort of thing," Buck says.

Also playing a factor in the equation is the

number of extracurricular activities scheduled on campus.

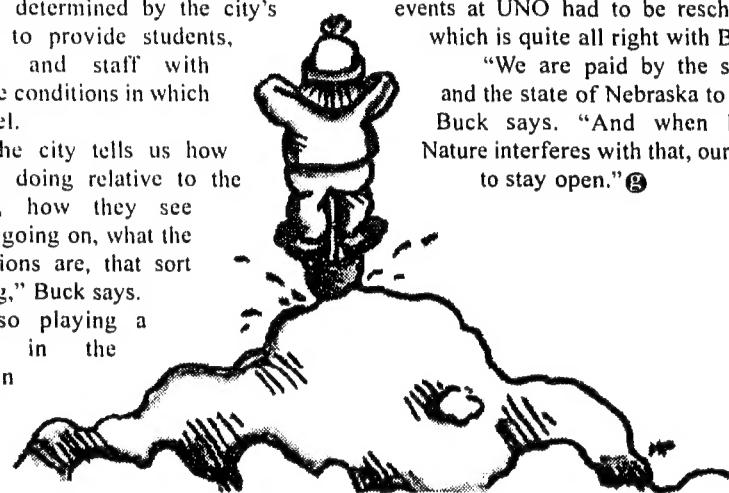
"We have a responsibility to make sure that everything else that is scheduled on campus is basically notified or accommodated," Buck says. "[We] have to bring to the table all of the things that are going on at the university besides classes."

Not of concern to university officials are prank calls like the one Buck's office received Friday morning.

Buck says a person identifying himself as an employee of the National Weather Service contacted the university affairs division with a "warning" that the impending snow necessitated the university's closing. But upon contacting the NWS, Buck's office was told no such calls were being made. Bucks suspects the caller was an enterprising student who perhaps had an exam or assignment to hand in.

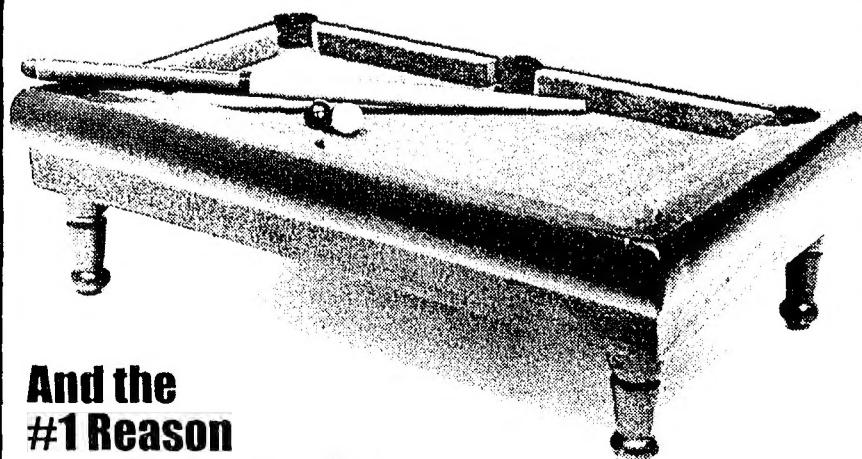
Regardless, Buck and company made the decision to close the university at 2 p.m. Less than a half-foot of snow ultimately fell at UNO, meaning few events at UNO had to be rescheduled, which is quite all right with Buck.

"We are paid by the students and the state of Nebraska to teach," Buck says. "And when Mother Nature interferes with that, our goal is to stay open." **g**



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MBSC Rm. 115



Former UNO football star MarTay Jenkins spoke Thursday at the Herman Cain Luncheon. Jenkins was drafted by the NFL's Dallas Cowboys in the sixth round of the 1999 draft. He was traded to the Arizona Cardinals, where he continues to be a standout player. Thursday also marked another occasion for Jenkins — his 27th birthday.

photo by Chris Machian

from Potter, page 2

She said professionals in television media need to realize processing is hard and make it easier — a task NewsLab attempts to assist local television stations with.

However, Potter has spotted a positive transition in local news.

She said that for the first time in a long time, stations are considering what viewers want to learn by watching their newscast when determining the content for them.

Rather than having crime and accident stories, stations are beginning to have more community-oriented types of stories. An example of this is stations having stories based on crime trends and prevention rather than crimes themselves — stories that are told when it's not too late to do something about the problem.

She said that with local and network

news, "it's all about money."

This money, however, will not typically be seen by young reporters, something Potter said really bothers her.

She said she doesn't know how students coming out of college today can survive and pay off their debt on a journalist's salary, leaving them with the option to go do something else.

She calls it "scandal" that young reporters working their first jobs have to wait tables on their days off to make ends meet.

"I think a lot of you who are bright, and interested and would like to be journalists will go and do something else," she said. "You've got to make a living."

g

Horoscopes

predictions by Madame Zora

Pisces (Feb. 19 – March 20)

Learn to love yourself for who you are. Schedule a hug for yourself twice a day.

Aries (March 21 – April 19)

Have you noticed that short people have extreme power over tall people? Power to the little people!

Taurus (April 20 – May 20)

Wear flowers in our hair and blow kisses to handsome strangers.

Gemini (May 21 – June 21)

You're just a tubby bubbly son of a fuddy duddy boy. Lay off the "high" power.

Cancer (June 22 – July 22)

You're slacking on your anti-snow dance. It's Tae-bo time.

Leo (July 23 – Aug. 22)

Stop sitting in the middle of the couch. Move your rear to the left or right to balance it out.

Virgo (Aug. 23 – Sept. 22)

Give praise to the greatest movie of all time, *West Side Story*. Play it for a 24-hour marathon and invite all your friends. Or just try it by yourself.

Libra (Sept. 23 – Oct. 23)

Your computer is hitting on you again. Every now and then it pops up little flirtatious messages trying to get your attention. Go ahead, play hard to get.

Scorpio (Oct. 24 – Nov. 21)

Write down five ways to improve you and then forget about each one.

Sagittarius (Nov. 22 – Dec. 21)

Let people see your vulnerable side — cry 'til you can't cry no more.

Capricorn (Dec. 22 – Jan. 19)

Wanted: One wonderful man to marry. He must be kind, caring and above all, respectful. If you fit this description call 1-800-1-N-Y-O-U-R-DREAMS.

Aquarius (Jan. 20 – Feb. 18)

You're sick of conflict, of arguments, of war. Paint blue peace signs all over your body and show them off.



from Stories, page 3

get dangerously close to hitting each other when backing out and making turns. She knows all the favorite illegal parking spots and checks every one of them.

The night is quiet, so Pedersen tells another tale.

"One time I did save a faculty member's life, to the best of my knowledge," Pedersen says. "I was eating lunch on the second floor in the faculty staff lunch room in the student center. Very seldom did I go in there, once a semester maybe, but for some reason that day I stayed and ate in there. A guy at the table behind me started choking."

The man could not get the food out of his throat and passed out. Pedersen administered the Heimlich maneuver and he came back.

Pedersen does not have any plans to move away from UNO any time soon.

"I wouldn't stick around if I didn't like the people I work with," she says. "It's a nice atmosphere and the benefits are really good. The pay's not bad. We're like a little city, so we're law enforcement for a city, but you'll find that you're dealing with a lot more intelligent people than you are on the outside. I always have a window down so if somebody hollers I can hear them."

In the late hours of the night, one of UNO's finest drives off to keep students safe and skateboarders in line. Next time you have to call the men and women in blue for help with a ghost or to clear some food from your throat, talk to them. Everyone has a story worth listening to. **g**

The big concert update

compiled by Rae Licari

OMAHA:

03/07 Buckwheat Zydeco — Music Box
03/07 The Go — Sokol Underground
03/08 Nikka Costa — Music Box
03/08 Course of Nature — Ranch Bowl
03/09 Local H — Ranch Bowl
03/09 Azure Ray — The Junction
03/13 Twiztid — Ranch Bowl
03/15 Wu-Tang Clan — Sokol Auditorium
03/17 Pinback — Sokol Underground
03/18 Natalie Merchant — Music Hall
03/20 Primer 55 — Ranch Bowl
03/21 Buddy Guy — Ranch Bowl
03/22 Art Alexakis — Sokol Auditorium
03/23 The Big Wu — Music Box
03/24 Ratdog — Ranch Bowl
03/27 D.R.I. — Ranch Bowl
03/29 NOFX — Ranch Bowl
04/02 Sparta — Ranch Bowl
04/05 Mates of State — Sokol Underground
04/06 Face to Face — Ranch Bowl
04/08 311 — Sokol Auditorium
04/10 The String Cheese Incident — Music Hall

LINCOLN:

03/05 Drums & Tuba — Knickerbockers
03/09 Indigenous — Rococo Theatre
03/10 Ryan Adams — Rococo Theatre
03/12 Ani DiFranco — Rococo Theatre
03/21 Gene Loves Jezebel — Knickerbockers
03/22 The Statler Brothers — Lied Center
03/25 Rob Zombie — Pershing Auditorium
04/06 Peter, Paul & Mary — Lied Center

AMES, Iowa:

03/15 Dazy Head Mazy — People's
03/25 Jump, Little Children — People's
03/27 'NSync — Hilton Coliseum
04/10 Dazy Head Mazy — People's

LAWRENCE, Kan.:
03/08 The Good Life — Bottleneck
03/09 Twiztid — Bottleneck
03/10 Local H — Bottleneck
03/11 Atom and His Package — Bottleneck
03/12 Further Seems Forever — Bottleneck
03/16 Wu-Tang Clan — Liberty Hall
03/18 Pinback — Bottleneck
03/19 Le Tigre — Bottleneck
03/22 Less Than Jake — Liberty Hall

03/22 Ultimate Fakebook —

Bottleneck
03/26 And You Will Know Us By the Trail of Dead — Bottleneck
03/27 Digital Underground — Abe and Jake's Landing
04/01 Sparta — Bottleneck
04/09 The Eyeliners — Bottleneck

MINNEAPOLIS:

03/05 Dimmu Borgir — First Avenue
03/08 Local H — Quest Club
03/09 Manplanet — 400 Bar
03/09 Guided by Voices — First Avenue
03/10 Atom and His Package — First Avenue
03/10 Mest — North Star Ballroom
03/11 Ryan Adams — Orpheum Theatre
03/12 Twiztid — First Avenue
03/12 Adema — Quest Club
03/12 Crosby, Stills, Nash & Young — Target Center
03/13 Edwin McCain — Fine Line Music Cafe
03/13 Dream Theater — Orpheum Theatre
03/13 Further Seems Forever — Quest Club

03/14 Nikka Costa — Quest Club
03/15 Lennon — First Avenue
03/16 Pinback — 400 Bar
03/17 Tantric — Quest Club
03/18 Cracker — First Avenue

KANSAS CITY, Kan.:

03/26 Rob Zombie — Memorial Hall
04/06 Puddle of Mudd — Memorial Hall

KANSAS CITY, Mo.:

03/06 Ben Folds — Beaumont Club
03/09 Nikka Costa — Beaumont Club
03/11 Fabulous Disaster — Grand Emporium
03/12 Small Brown Bike — El Torreon
03/13 Girls Against Boys — Hurricane
03/14 Adema — Uptown Theatre
03/17 They Might Be Giants — Beaumont Club
03/17 Ultimate Fakebook — Hurricane
03/22 Buddy Guy — Ameristar Hotel & Casino
03/24 Ultimate Fakebook — El Torreon
03/28 Kid Rock — Kemper Arena
03/30 Coal Chamber — Beaumont Club
03/31 Nelly Furtado — Uptown Theater
04/02 Piebald — El Torreon
04/05 No Doubt — Uptown Theatre
04/10 311 — Uptown Theater

from Self-harm, page 6

Suggestions are to put ice in the palms and squeeze hard, chew a hot pepper, snap the wrist with a rubber band, take a cold bath or rub liniment under the nose.

Cutting is the most common abuse among people who self-harm. Those who cut might have an urge to see blood. To overcome this, try a food coloring and warm water mixture, red ink or tempera paint to give the effect of blood.

These are not guaranteed solutions, but they might be worth a try to halt self-destructive behavior.

For the friends and family of those who self-injure, there is some information to be aware of. *Secret Shame* gives some insight for those who surround the person who self-harms. For example, the site suggests not taking it personally.

"Self-injurious behavior is more about the person who does it than the people around them," *Secret Shame* says.

It typically is not intended to be used as a guilt trip or to manipulate others.

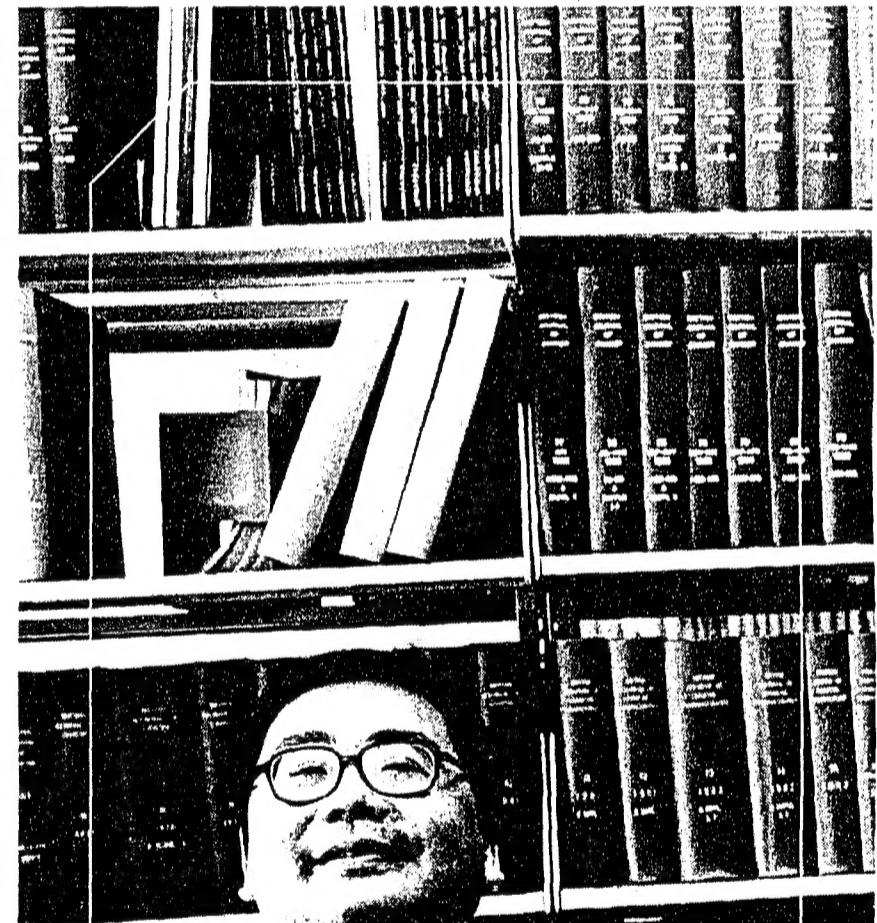
The site also suggests not giving severe ultimatums. Oftentimes, this can drive the behavior to become secretive, which makes it harder to help.

Lehnhoff agrees with this to some degree: "You don't want to ignore a problem when it's in your face. But you don't want to lose your own cool and do a bunch of insults or invalidations."

Lehnhoff also suggests trying to encourage the person who self-harms to seek professional treatment.

He also says: "One of the things that helps is the family and friends do not belittle one another and have a respect for feelings." Lehnhoff says respect for feelings often does not happen in families of those who self-injure.

With the recent passing of National Self-Injury Awareness Day on March 1, it is to be noted 1 percent of the American population commits injurious acts against themselves, according to the American Self-Harm Clearinghouse. That may not seem like very much, but given the United States current population is 256,555,131 people, that leaves an average of 256,551 who are causing harm to themselves. Something to think about. **g**



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MBSC Activities

The Milo Bail Student Center is a Unit of Student Affairs



<u>Tues., March 5th</u>	<u>Wed., March 6th</u>	<u>Thurs., March 7th</u>	<u>Fri., March 8th</u>	<u>Sun., March 10th</u>
<p>7:30 am Catholic Campus Ministry 9:30 am Recruitment Services 10 am Recruitment Services 11 am Nat'l Collegiate Health & Wellness 11:30 am Traffic Appeals 11:30 am Student Organizations 12 noon Catholic Campus Ministry 12 noon SPO Board 12 noon Women's Studies 1 pm Goodrich Students 2:15 pm Edge Focus 3 pm Chi Omega 4 pm Student Health Advisory Council 4:30 pm Pi Kappa Alpha 5:30 pm International Studies 5:30 pm Engineering Certification 6 pm Wallace 6 pm Alpha Xi Delta 6:30 pm Christ on Campus 8 pm Lambda Theta Nu</p>	<p>8 am Goodrich Students 8 am Campus Crusade 8 am Sigma Kappa 9 am Larry Morgan's Staff Meeting 9:30 am Student Affairs Professional Staff 10 am Safety Committee Meeting 10 am Chi Omega 10 am MPA Meeting 11 am Women's Resource Center 12 noon HR Lunch Group 12 noon Omicron Delta Kappa 12 noon Chancellor's Commission on the Status of Women Luncheon 12 noon Feminist Majority Leadership 12 noon Emerging Leaders 12 noon AA Meeting 12 noon African American Organization 12 noon Assoc. Latin American Students 12 noon Chapter Summary Bible Study 3 pm Chi Omega 3:30 pm Pow Wow</p>	<p>4:30 pm Campus Crusade 4:30 pm Pi Kappa Alpha</p>	<p>8 pm Campus Crusade</p>	<p>1 pm Zeta Tau Alpha</p>

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